

FREE - PLEASE TAKE A COPY DECEMBER 2019 • JANUARY 2020

SYDNEYOBSERVER.COM

[f](#) Sydney Observer [@sydney_observer](#)

Sydney Observer



**Divine
Dining
Rooms**

**Get Fit
& Healthy
in 2020**

**Best Camping
Spots in Sydney**

**Celebrating
Summer**



**SALLY
OBERMEDER**
AN INSPIRATION TO ALL

Len Wallis Audio takes you back to the moment of creation...

Join the HiFi revival.

Globally, music lovers are rediscovering High Fidelity.

During the last decade we have gained almost unlimited access to our music; now we are demanding to hear it at its best.

Your choice of music may come from sources as diverse as vinyl, or from newer formats such as Hi-Resolution downloads.

Irrespective of how you source your music, you now have the opportunity to get much closer to the original performance.

Never before have we had the opportunity to recreate a musical experience with such clarity, realism and involvement.

This comes naturally to Len Wallis Audio.

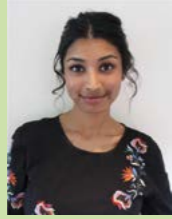
We have been playing in this space since 1978, audio excellence has been our passion for close to four decades.

Len Wallis Audio
64 Burns Bay Rd, Lane Cove
Phone 02 9427 6755
www.lenwallisaudio.com



From the Editor

As we settle into the last month of the year, we start to reflect on our achievements then plan for our future hopes and dreams.



This year, *Sydney Observer* has had an amazing array of individuals grace our covers. Apart from this month's profile, another favourite has been Jessica Rowe. She was vibrant, kind and instantly made you feel uplifted in her presence.

This month's issue is just as great, with all your favourite sections filled with fabulous ideas. For me, this issue is extra special though, as it is my last with *Sydney Observer*. Over the year, I have met magnificent members of the community and spoken to special people who shared their stories with me.

Each of these interactions hold a place in my heart, and I will always remember the conversations and kindness that was shown to me. I have appreciated my time here immensely and thank you for letting me into your community.

So from my family at *Sydney Observer* to yours, I wish you a magical Christmas and a wonderful year filled with blessings, love and light.

And for the last time, grab a refreshing summer drink, hold a loved one, and enjoy our December/January issue.

Hannah



CONTENTS

6. Snippets

8. Local News

12. Education

14. Profile

18. Home & Garden

22. Seniors

27. Wellbeing

34. Celebrating Summer

36. Fashion & Beauty

40. Travel

42. Food & Wine

44. What's On

48. Kids Corner

50. Clairvoyant



PUBLISHED BY: Kamdha Pty. Ltd.
EDITOR: Hannah Prasad
 (editor@kamdha.com)
JOURNALIST: Isabella Ross
CONTRIBUTORS: Lewis Godwin, Martin Slattery, Kerrie Erwin, Dr. Ian Sweeney, Dr. Sue Ferguson, Sarah Wainwright, Susan Potthurst, Ben Williams, Rejimon Punchayil.
DESIGNER: Frederico S. M. de Carvalho
COVER PHOTO: Rob Palmer
BOOKING DEADLINE: 15th of the month
PHONE: (02) 9884 8699
ADDRESS: PO Box 420, Killara NSW 2071

SYDNEY OBSERVER is a monthly magazine published by Kamdha Pty Ltd (ABN 97 098 661 959). Sydney Observer magazine, its Publisher and Editor, hereby expressly disclaim to the full extent permitted by the law, all and any liability arising from any negligence whatsoever of the Publishers including damage, consequential damages, liability, expenses, costs to any person and/or business/company arising from any action or inaction by any person in connection with any copy or arising from reliance on any copy which is published or failed to be published by the Publishers. The copyright of all material published in the Sydney Observer magazine is owned by the Publisher, Kamdha Pty Ltd, and must not be used in any form without the written permission of the publisher. This copyright includes all advertisements unless photo-ready material is provided by the advertiser. www.kamdha.com

SYDNEY OBSERVER is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

Home, Commercial and Bulk Delivery

Chatswood	Lindfield	Roseville Chase	Wahroonga
East Killara	North Turramurra	South Turramurra	Waitara
East Lindfield	North Wahroonga	St Ives	Warrawee
Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turramurra	Willoughby

LUXURY & ADVENTURE IN CANBERRA!

A rare opportunity to spend 4 days and 3 nights in the most luxurious accommodation that Canberra has to offer, with adventure activities all included.



PACKAGE INCLUDES:

- 1 night in the luxurious uShaka Lodge at the world renowned **Jamala Wildlife Lodge**
- 5 course gourmet dinner with fine wines and Moët Champagne, plus breakfast at Jamala
- Two great animal tours plus two days admission to the **National Zoo and Aquarium**
- 2 nights' accommodation at the iconic **Hyatt Hotel Canberra**, a classic Park Hyatt Hotel – including breakfast
- Hosted Highlights Tour of the **National Museum of Australia** including a main course meal with a glass of wine in the stunning waterfront Museum Café
- 2 tickets to **Cockington Green Gardens**, a fascinating display of meticulously handcrafted miniature buildings from around the world
- From the 21st October 2019 - 31st December 2019 2 tickets to Dreamworks Animation Exhibition at the **National Museum of Australia**. From the 1st February 2020 - 29th February 2020 the package will change to 2 tickets to the Matisse & Picasso Exhibition at the **National Gallery of Australia**

THE 4 DAY/ 3 NIGHT ADVENTURE IS PRICED FROM \$1,875 PER COUPLE, WHICH INCLUDES ALL THE ABOVE!

Available on selected dates from **21st October 2019 - 31st December 2019** and **1st February 2020 - 29th February 2020** certain blackout periods apply. Price is for 2 adults. *Accommodation in uShaka Lodge rooms – upgrades available at extra cost.

Bookings can only be made by phoning Jamala Wildlife Lodge - 02 6287 8444

Please note that while the animals generally join guests as shown, no guarantees can be given as they are free to roam their entire area at all times.



Canberra

www.jamala.com.au | 02 6287 8444
info@jamalawildlifelodge.com.au

SNIPPETS



Grateful Locals Donate to Fire Service

Following the catastrophic bushfires that swept across the state, including our beloved South Turrumurra area, grateful locals have raised over \$9000 for the Rural Fire Service. The donation comes as Mayor Jennifer Anderson noted to locals that, "having a plan of what to do in a bushfire is essential protection for you and your family." The bushfire danger for our summer months however is still looming, with Sydney expected to reach unprecedented temperature levels across the New Year period.

Community Christmas Tree Lighting

Enjoy the Ku-ring-gai community Christmas tree lighting with family and friends. A special community event, local dance group Itty Bitty Dance and Dae Hahn Culture School Choir will be performing, while attendees are encouraged to support the Mayor's Christmas Appeal. The official lighting commences at 7.55pm on 2 December.

Australia Day

Join thousands of locals for the Australia Day celebrations at Bicentennial Park, West Pymble. With live performances, animal encounters, amusement rides, and a Citizenship Ceremony to welcome new Australian Citizens, there is something for everyone.

Mayor's Christmas Appeal

This Christmas, give back to those in need by donating tinned and packaged foods, toys and presents for disadvantaged families in the Ku-ring-gai and Hornsby area. On behalf of Lifeline Harbour to Hawkesbury, the Mayor's Christmas Appeal will be taking donations until 5pm Tuesday, 17 December. Donations can be left at Ku-ring-gai libraries in St Ives, Lindfield, Turrumurra and Gordon, or at the Council's Customer Service Centre at 818 Pacific Highway Gordon.

Hornsby Waterway Quality Excels

A twenty-two year study of the health of Hornsby's waterways, has noted the stable condition of its water despite major population growth. Commissioned by Hornsby Council, the study aimed to identify long-term changes in the local aquatic ecosystem. "The Review is important because it gives us a solid understanding of water quality trends across the shire, which we are able to track because of council's thorough water monitoring program," Hornsby Shire Mayor Philip Ruddock said.

Webers Circus Returns

The iconic and family-run Webers Circus is set to impress Sydneysiders again, with show times from 6 – 15 December in Narrabeen. With a touch of the Wild West, the show is the perfect way to spend the lead up to Christmas, with death-defying acrobatics, clowns, trick dogs, miniature ponies and more. For fun for the whole family, starting at \$28 for an adult and \$18 for a child, what is not to love!

More Water Restrictions in January

Aussies have been hit with Level 2 Water Restrictions, with the updated rules to continue into the New Year due to drought conditions. Some of the ways we can comply include watering plants earlier in the day (7am) and maintaining timed showers. North Shore locals concerned about their backyards staying hydrated are recommended to use a health tonic for their plants, such as a seaweed solution added to watering cans that assists with water retention.

New Harris Farm Market Turrumurra

A brand new 'designer' style Harris Farm supermarket is expected to hit the North Shore, including hanging gardens, fruit orchards and a barn. The development plans, however, will result in the demolition of Turrumurra Honeysuckle Plant Nursery and a nearby petrol station, leaving locals concerned about excessive traffic and the impact it could have on surrounding businesses. Its future therefore remains uncertain, with council set to debate the matter in coming months.

Local Real Estate Booming

In our Lower North Shore, townhouses are selling better than ever before, becoming a hot commodity on the market as seniors begin to downsize. Agents have seen prominent auction offers at open homes, and sale prices are strong. Shane Slater from The Agency, Lower North Shore Real Estate commented, "there is such a strong demand for high quality townhouses where nothing needs to be done to refurbish."



CUSTOM MADE KITCHEN & WARDROBE DOORS & PANELS
www.sydneydoors.com.au



**RENOVATING YOUR KITCHEN OR WARDROBE?
 JUST REPLACE THE DOORS AND SAVE \$\$\$**

DIY OR CONTACT AN INSTALLER TO:

- Measure
- Get a Quote
- Install



SHOWROOM/FACTORY
 80 Redfern Street
 Wetherill Park NSW 2164
 Ph: (02) 9725 4444
sales@sydneydoors.com.au



Give Back this Christmas

Isabella Ross

Christmas is a time of love, laughter, family and togetherness. However, for many, it is a challenging time for various reasons. To show your support for those in need, below are two charitable causes that do a lot of good, particularly during the festive season.

HORNSBY KU-RING-GAI WOMEN'S SHELTER

Touched on previously in our 2019 July Issue, HKWS provides emergency housing for women fleeing domestic violence.

"We always have a full shelter during Christmas, given it is a time of heightened emotions within a household," reveals President, Louise McCann. "It's all hands on deck for us. Christmas Eve, the community often donates Christmas breakfast and lunch, and often all of our shelter team step away from their own family for Christmas day to help out. We regularly reach out to the community during

this time and we do get fantastic support to provide the women with the best we can – a positive environment and an empathetic environment given what the day represents."

Whether it is presents for the women to give to their children or goodies for themselves, donations are the backbone of this shelter. However, monetary donations this Christmas season are fundamental, as the shelter's lease will be up next year. Raising money for their 'Build a Better Future Fund', the team aim to use the donations to find a permanent home for the shelter, giving them capacity to house more women. As Louise says, "cash helps us keep the doors open."

hkws.org.au/

THE SMITH FAMILY

Another amazing cause, The Smith Family is an independent children's charity assisting disadvantaged

Australians create better futures for themselves through education. Their annual Christmas Appeal also provides help for families struggling during the festive season.

"The Smith Family has its roots in Christmas giving and while the focus of our work has evolved to helping young people break the cycle of poverty through support for their education, we are proud to continue the tradition of delivering toys and books to children in need at Christmas," said Chief Executive Officer, Dr Lisa O'Brien. "I've seen firsthand over many years the joy it brings to children who would otherwise be going without."

You can assist by making a donation to help keep an Australian child in school, sponsoring a child's education, gifting a toy or book or volunteering your time to support the charity's work.

thesmithfamily.com.au/

Local Support for Parents

Parents love to document their children's milestones; first tummy time, first steps, first words. But, having concerns about your child's development can be challenging.



Cerebral Palsy Alliance, as the NDIS Partner in the Community, deliver Early Childhood Early Intervention (ECEI) services for the Northern Sydney region, offering a free service to help parents navigate the first steps if they have any concerns about their child's development.

An awareness campaign was launched, encouraging parents of children aged 0-6 to follow their instincts and contact the team if they feel their child might not be meeting key developmental milestones.

Cerebral Palsy Alliance Senior Research Fellow for Early Detection

and Early Intervention, Dr Cathy Morgan, said when it comes to childhood development, a parent's intuition is often the best indicator of something being a cause for concern.

"It is important that parents trust their instincts and have their concerns addressed without delay," Dr Morgan said.

"The early childhood years are vital as they lay the foundation for future

development. From 0-6 years of age, children develop critical learning patterns that will shape their lives forever. If parents have any concerns, they shouldn't wait."

With strong connections across a range of disability and mainstream community organisations in the Northern Sydney, the team helps parents identify and access suitable support in the local area.

The service is available for children 0-6 years residing in the local government areas of Hornsby, Hunters Hill, Kuring-gai, Lane Cove, Manly, Mosman, North Sydney, Pittwater, Ryde, Warringah and Willoughby.

For further information or to access the service, visit cerebralpalsy.org.au/ecei or call 1300 888 378.



PAUL FLETCHER MP
Federal Member for Bradfield
Minister for Communications,
Cyber Safety and the Arts

*Wishing you a peaceful
and happy Christmas
and a wonderful 2020*

Phone: (02) 9456 3950
Email: paul.fletcher.mp@aph.gov.au
Web: www.paulfletcher.com.au

Authorised by Paul Fletcher MP, Liberal Party of Australia,
Level 2, 280 Pacific Highway, Lindfield NSW 2070



MHYC
DISCOVER SAILING CENTRE

SUMMER HOLIDAY **TACKERS** **OUT THERE SAILING**

SAILING
CAMPS

TACKERS (7 to 12yrs) & OUT THERE SAILING (12 to 17yrs) ALL SESSIONS 9AM TO 3:30PM

Week A - DEC 2019 Tue 10 to Fri 13	Week 1 - DEC 2019 Tue 17 to Fri 20	Week 2 - JAN 2020 Tue 7 to Fri 10	Week 3 - JAN 2020 Tue 14 to Fri 17	Week 4 - JAN 2020 Tue 21 to Fri 24
---------------------------------------	---------------------------------------	--------------------------------------	---------------------------------------	---------------------------------------

www.mhyc.com.au/sailing/learn-to-sail • discoversailing@mhyc.com.au • 02 8969 3116
Middle Harbour Yacht Club • The Spit, Lower Parriwi Rd, Mosman



Sail aboard majestic *James Craig* for a fantastic Day at Sea or a memorable Afternoon Adventure!

Join the crew to help hoist a sail and take in the breathtaking views for a sailing experience you won't forget!

JANUARY
Saturday 11th
FEBRUARY
Saturday 8th
APRIL

Saturday 4th or Sunday 19th



Book now at shf.org.au or Call 02 9298 3888

Business hours Monday - Friday, 9am - 5pm



A Day on the Farm

Hannah Prasad

If you are looking for a local escape that is free from the stressors of life in the city, Mowbray Park FarmStay will transport you to a calming space, full of fresh air and beautiful animals. Located in the picturesque town of Picton, and only a 90-minute drive from Sydney, this memorable stay is perfect for the whole family. *Sydney Observer* spoke to owner, Blair Briggs, about how the animals are coping with the extreme weather and what visitors can expect on a trip.

Blair said though the heat has been harsh, it is tolerable, the drought however has been a growing concern.

“We’re getting very low on water, that’s our main concern at this point. We’ve

been very low on natural feed. We’ve been purchasing feed for 2 years, and the price continues to go up, so that’s a challenge every month. We have actually started reducing our stock numbers. We’ve slowly been reducing stock numbers when the drought really kicked in, but we have seemed to reach a new level, where our water is more vulnerable and it’s the driest its ever been.”

A day on the farm is an immerse experience where kids interact and engage with the animals, going through the routines and activities that you would, if well, you were a farmer! As well as this, the experience helps kids respect and understand animals, ensuring they are happy and healthy, while learning valuable information and creating unique memories.

“We head down on the tractor in the morning to feed the animals, collect the eggs, make sure that they are all set to go for the day, with the food and everything they need. The kids and the adults help, then after all of that, we milk the cow, which we do every morning whether there are people here or not. The activities change from day to day but we always do pony rides for children in the morning then depending on the conditions, we might cook damper over an open campfire. We might go out and learn how to crack an Australian stockwhip, we’ll probably get on a tractor and head out to see horses, cattle or sheep, and just do all the farm chores that we have to do every day.”

So for a short break, to help the regional economy and to support a great business, head to farmstayholidays.com.au

RETIRE IN LUXURY

The newest in Seniors Living

Marston Living Beacon Hill is setting the new standard in luxury retirement living. Featuring the highest standard in fixtures and fittings, lavishly spacious units, breathtaking views of Dee Why Beach and a tranquil bush retreat, Marston Living Beacon Hill offers residents an opportunity to escape their worries to focus on their passions. At only 32 units Marston Living Beacon Hill presents a lucky few with an opportunity to join a highly exclusive and tight knit community of like minded individuals.

About seven minutes’ drive from Warringah Mall, with local shops just a few hundred metres away.

The village will also operate a community bus.

The facilities include a pool, gym and putting green, with a bowling green on the roof.

- Marston Resident Vivian Huang



Comfort, quality and peace of mind

With safety and medical back-up now crucial, the new residents McKechnies felt the support offered by Marston Living’s contract with Safety Link, a 24-hour emergency alarm service, was “a major thing for us”, she says. “My husband is a very big man, and if he falls to the ground there’s no way that I can lift him. “Here, we have these lockets and if you push the button you get a response within a minute or two.” That peace of mind underpins the couple’s comfort in their new home.



8 Lady Penrhyn Dr, Beacon Hill NSW

Ph: 0420 306 668

E: info@marstonliving.com.au

www.marstonliving.com.au



OPEN 7 Days Deliveries Mon-Fri

Wirreanda Nursery has grown & supplied quality plants for over 30 years. Our qualified horticulturists are available 7 days to help with plant selection, care & maintenance.

Over 5 acres of plants

Plant sourcing available

- Australian natives
- Screening & hedging plants
- Specimen & advanced trees
- Ferns & rainforest species
- Grasses & groundcovers
- Ornamental shrubs

7 Wirreanda Rd North, Ingleside (Off Mona Vale Rd)
sales@wirreandanursery.com.au

9450 1400

wirreandanursery.com.au

Are we there yet?



You come and relax we’ll wear the Kids out.
Mowbray Park Farm just 1 hour from Sydney off the M5
 Animal nursery • Pony Rides • Camp fires • Collect the Eggs
 Cow milking (it’s from where?) • Crack a Whip

Days of fun for everyone, this is life in the Country

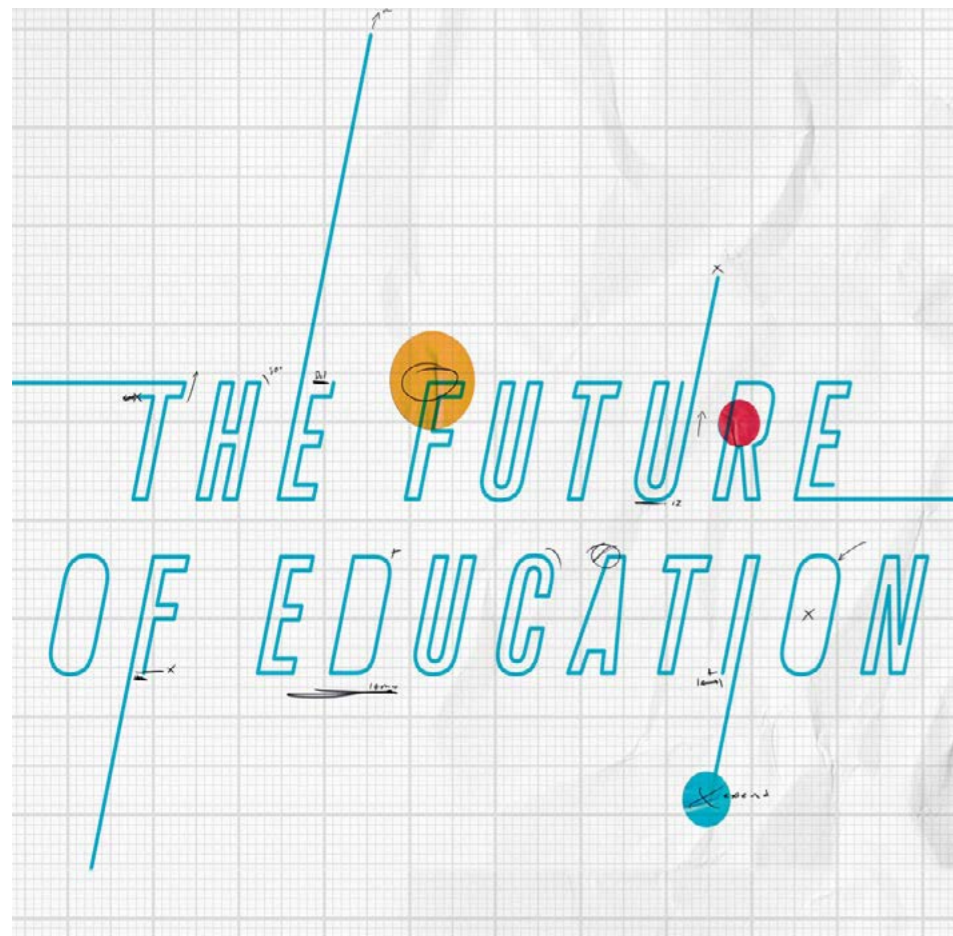
Mowbray Park Farm Holidays

Web: www.farmstayholidays.com.au

Email: mowbray@farmstayholidays.com.au

745 Barkers Lodge Road Picton NSW 02 4680 9243





Teachers vs the Curriculum

Isabella Ross

The education system has been linear for quite some time, with teachers having very little say in the education curriculum, study patterns and future. There is no denying that the job of a teacher is simply not 9 – 5. There are daily education plans, routines, arts and crafts, mentoring, marking and more. With lots of our teachers going above and beyond in their job, it is interesting to note the lack of influence many teachers have on the wider future of NSW Education. Shore School Mentor of Teaching and Learning, Cameron Paterson, has shared the changes he would like to see in education systems, aiming to put more teachers in the driver's seat.

“When you turn on your news and there is a conversation occurring about education, very rarely will you see an educator involved in those

conversations,” Mr Paterson said. “It’s usually people talking about schools, rather than people in schools talking about what is going on. It’s people talking about teachers.”

Another element of the standard syllabus is a one-size-fits-all approach to learning. Yet as we have seen in many circumstances, students who struggle and need that extra assistance become outliers.

“We run into problems when the standards are the driver rather than reinforcing what’s happening in the classroom. I think standards are useful in many, many respects but quite often what I’m seeing on a daily basis is many of my colleagues who are slaves to the standards, who won’t look outside the standards, who are spending enormous amounts of time preparing evidence to satisfy standards, rather than focusing on the needs of their students.”

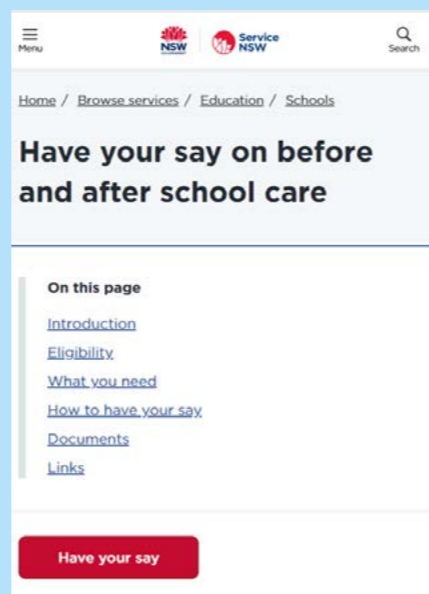
Before and After School Care

The NSW Government is investing \$120 million into expanding before and after school care, aiming to make more places available for parents with children at government primary schools.

The Education Department and Service NSW are also working together, in order to better understand what services are needed in the community. Parents are encouraged to share their opinions on the specific care needs of their kids and their own experiences, which can help the government create and deliver a better plan. These figures will help recognise gaps in service availability, and therefore align the focus on delivering extra places where needed.

To have your say on your child’s before and after school care needs, head to Service NSW and fill out the form.

service.nsw.gov.au/basc



STEM – Preparing Future Leaders

Science, Technology, Engineering and Mathematics (STEM) is thriving at Pymble Ladies’ College, where our Robotics programs have been designed to prepare the girls for a world where sustainability and solutions are key.

Robotics at Pymble transcends designing, coding and building. It teaches students real-world skills, such as systems thinking and problem-solving, but also the ‘soft’ skills of teamwork and tenacity, says Pymble’s Head of Science, Dr Kristie Spence.

According to Dr Spence, the Pymble Robotics team incorporates both individual and collaborative work and

“is a natural opportunity for cross-level mentoring” where senior students work alongside younger students in their STEM journey, passing on their skills and insights.

Pymble’s participation in the FIRST Robotics Competition (FRC) gives students the chance to give back to the wider community by sharing their time, knowledge and passion for STEM, while meeting like-minded students from across the world.

It prepares students for the STEM-focused world they will soon enter, where an estimated 75% of the fastest-growing occupations require these skills.

Ten Pymble teams have qualified for the national round of the FIRST Tech Challenge in December and Pymble Principal, Dr Kate Hadwen, is incredibly proud of the college’s Robotics program.

“There is a demand for greater expertise in jobs in the Science and Technology field, and our world-class Robotics and STEM programs are preparing our girls for life beyond school, where these skills are key,” says Dr Hadwen.

With their well-rounded, personalised and forward-thinking curriculum and co-curricular programs, Pymble girls are ready to take on the future.



BRIGHT, BRAVE AND BEAUTIFUL

Hannah Prasad

It is hard to put into words how strong, resilient and incredibly inspiring Sally Obermeder is. She has faced life's cruelest battles and come out a survivor, beating breast cancer and becoming a symbol of hope and love. What captivated me when speaking to Sally was her optimistic outlook on life and the positivity that radiated from her. This attitude and persistence has seen her thrive in the media industry, with her infectious smile lighting up *The Daily Edition* and her business Swiish, a vibrant destination for all things lifestyle, continuing to flourish. *Sydney Observer* had the pleasure of speaking to Sally who shared her story.



Peter Brew-Bevan

Media has always been a passion for Sally, but her career didn't start in the industry, as she fell into the finance world then took a leap of faith to pave her path to TV.

"As a teenager, in high school, I always wanted to work in television but I never really knew how to do it. My parents were both accountants and I think they were worried that media wasn't going to be a stable job, so they guided me towards what they thought was a more steady career. After I left school, I went to university and did an accounting and marketing degree, and I spent the first ten years of my career working in finance. I only came to media much later."

"It was very daunting and I was definitely what I think people deemed as older. I was 30 when I left my finance career, so I sort of put in the long hard yards in that career and I was finally at a point where I was earning a great salary, I was in a great job, I worked at a great company, then I was basically leaving after I put in all this legwork and people were saying, 'you're mad, what are you doing.' The problem was, I had this really deep desire to work in TV, in particular, I just love it."

"Marcus my husband was super supportive, he said you never want to die wondering about things, it's better to try and have it not work out then thinking, 'I really had this dream, and I never did it,' and it was him saying that to me, it almost lit a fire in me where I said, 'you know what, that is great advice,' and I took it. It wasn't easy, it took me about 4 years before I got an actual job in TV. Within those 4 years, I did endless amounts of free work, I did millions of courses and extracurricular education so I could learn as much as I could. I had to take up a second career to supplement my income. Just because you're chasing your passion doesn't mean the bills stop. So I became a personal trainer and a pilates instructor, and I would basically train people all day, then I would go and do these TV courses at night. It was a really full-on time, but you know how committed you are to something if you're prepared to do what seems crazy on the outside, but you just keep going."

"I am a really big believer that you can't wait for people to cheer you on and say,



SWIISH

"That's our philosophy, it's about helping you feel amazing inside and out, because you deserve it."

'yeah, that's a great idea, you should totally do that,' because they're not going to, and nor is it their job to. It's actually your job to do that for yourself. It's actually you who is supposed to say to yourself, 'you know what, I really believe in this, I'm really going to go for it,' and when you get a bit down about it, it's your job to cheer yourself on and go you know what, 'you have to keep going,' because if you're waiting for everyone else to kind of go, 'yeah, you can do it,' you might be waiting a long time."

This powerful mindset and persistence has stemmed from establishing small changes to achieve personal goals, where the values behind these accomplishments have also helped remind Sally that she is capable of achieving what may seem impossible.

"I've always been pretty positive but earlier on in my career, when I was still working in finance, I went through a period where I was in a job I didn't really like and I put on a lot of weight. I basically ate all of my feelings, and I got to this job and I was so unhappy and I felt stuck. In the space of a year, I put on close to about 30kg, and then when I was eventually like, 'okay, you know what, I'm feeling unhappy and I'm going to have to do something about it,' it became to daunting to think that I just need to lose 30 kilos, so I wrote it down and I said, 'I have to get up early and I have to exercise, okay I have to do this,' and it took me about a year to lose the weight but it was

a really good learning curve, because what happened was, I was like you know what, if I put my mind to something, I can do it, even if the task at hand seems too big."

Sally is an advocate for living a healthy life. Though she has always lived this way, after the harsh effects of her treatments, she had to rebuild her foundation and find solutions that made her feel her best.

"I was always healthy, but I think after my breast cancer journey, I really then focused on how I can take really easy steps every day to make sure that I feel my best, because I really had to rebuild my body from the inside out. It got completely tortured from the chemo and all of the surgeries and radiation, so I really needed to rebuild my body. So I worked really hard on eating lots of green veggies, and that's what set me off on my path for green smoothies. I realised the best thing I can do for my body is having as many veggies as I can, and veggies are unfortunately boring, there is just no two ways about it. So I thought how can I do this in a way that makes it fast, easy, accessible, delicious and that's when I started smoothies, and that's really what spurred on the whole second half of our Swiish business. It's how we got into developing green powders and supplements, and just lots of products that we can share with people to help them feel their best."

"But the thing is, unfortunately as women, we are great at looking after everyone else, but terrible at looking after ourselves."

When speaking about her lifestyle, Sally shared the struggles she faced during cancer. She says it has changed her perspective on life and made her even more grateful.

"At that time I was strong but I was also really vulnerable, so I fell apart a lot, and you have to. There's no way that you can be told, 'here is your baby, but you might not survive,' and stay strong. I couldn't stay strong every day. I had strong days and down days and I just let myself go through all of those emotions, and I was really blessed. I have an amazing husband and I am incredibly lucky to have him by my side, I have an amazing sister, parents and family, and I have a great group of girlfriends, and everyone rallied around me. There was a lot of love and goodwill from the general public, and that is something I take very seriously and I was so appreciative, and I forever will be grateful for that. That's why I feel so passionate about giving back, and I'm so committed to my charity causes because I really feel like I got so much love and blessings from people I never met, and my absolute mission in life is to give that back."

Swishh inspires a luxe lifestyle for less, and has become a connective community where women can seek advice on fashion, living, beauty and wellness. Working with her sister, the

duo has built a bustling empire that covers all facets of life.

"I've always loved fashion and wellness and I think for us, Maha and I, we're like everyone else, you'll run into us at the supermarkets doing our grocery shopping, you'll see me at the park with the kids, and we really understand that for us, looking after women is really important because women are the ones that look after everyone else, they look after their families, their kids, their parents, everyone, they are the nurturers of our society. But the thing is, unfortunately as women, we are great at

looking after everyone else, but terrible at looking after ourselves. So we wanted to try and find a way to help women that was easy, not complicated and simple. That's our philosophy, it's about helping you feel amazing inside and out, because you deserve it."

"It's always affordable, it's always accessible, and the core of our belief is that small changes can make a big difference. A scoop of green powder in the morning and you've got so much more energy. The sleep powder at night, you sleep better and wake up refreshed. Everything works together."

Cybele Malinowski

As a co-host on *The Daily Edition*, Sally is constantly engaging and interacting with new stories and people, which is one of the parts she loves most about the role.

"I love it so much, no two days are the same. And I love TV and journalism, the guests are so interesting, every day it's different. We cover entertainment, health, science, consumer topics and it's really fascinating. I go home and I say to Marcus, 'you won't believe today who we had on,' and I love being able to share that with people, that means so much to me when people say, 'I watch the show every day,' and it's just fantastic."

Instagram @sallyobermeder



The Lovely Lucy Durack

Isabella Ross

Lucy Durack is one of the most recognisable faces in musical theatre, known for her stellar roles as Glinda the Good Witch in the Australian production of *Wicked* and Elle Woods in *Legally Blonde: The Musical*. Also appearing on television shows such as *Sisters*, *Doctor Doctor* and *The Letdown*, not to mention her role as a judge on *Australia's Got Talent*, Lucy is at the top of her game, especially with her upcoming role as Princess Fiona in *Shrek the Musical*. Coming to the Sydney Lyric Theatre in January 2020, the star-studded cast also includes Todd McKenney, Ben Mingay and Marcia Hines.

One of the great aspects of Lucy's career is that she is able to bring her own self into the roles she performs. "I think you always find what resonates within the role and yourself by looking for the true heart of the character. I have been lucky enough to always play characters that have a side of goodness, and that is something that I always look for within myself, like Glinda from *Wicked* who strived for the good."

Yet it is *Legally Blonde* that resonates with Lucy the most. "I probably had the most in common with Elle Woods, because I did actually start a law degree prior to musical theatre. I think you just bring your own self to whatever roles



Brian Geach

you play and try and make them as realistic as possible." Lucy also noted a similarity between herself and the character she played in *The Let Down*, an ABC and Netflix comedy about a support group of mothers. "As we progressed in the seasons, my character and myself were going through the same stages of motherhood!"

Now in rehearsals for *Shrek the Musical*, Lucy's passion for theatre is pioneering, considering she just gave birth to her second child, Theodore, in October. "He's a little champ! I have been very lucky because I have excellent support. My husband is brilliant, and my mum is also amazing. Lots of logistics but because everyone has been so great it has been a really smooth transition."

"It is such a fun role to play," Lucy says, noting all the amazing costume design and prosthetics that come with playing an ogre. "They did a head and shoulder cast of me, which was a bit claustrophobic, but it was absolutely incredible!" Fans of the *Shrek* films will also be

happy to hear that the musical will translate in a similar format. "It follows the first film very closely, with all your favourite bits and lines. We also have these wonderful songs that were written purposely for the musical. And then of course 'I'm a Believer' will be included as well!"

Instagram: @lucydurack
shrekthemusical.com.au/

"I have been lucky enough to always play characters that have a side of goodness, and that is something that I always look for within myself."

Deliciously Divine Dining Rooms

Hannah Prasad

When entertaining, a stylish dinnerware set can transform the simplest of settings. Investing in timeless pieces that focus on quality and design will also help elevate the humble at-home dining experience. Focusing on contemporary yet classic luxe dinnerware, Black Crate produces stylishly sophisticated pieces that are perfect for the party season. They also have a luxurious furniture range that follows the brand's ethos, which means your whole space is sorted for summer!



Furniture

Sleek and modern, Black Crate's furniture range focuses on clean lines and vibrant colours and patterns. Staying true to their dinnerware and encapsulating luxury, texture, tone and style, these pieces are perfect for creating a unique and refined space.

The Monaco Setting

Moody and alluring, the dark tones of this set are inspired by Monaco. The texture of the pieces are eye-catching yet subtle, and exude luxury and opulence, capturing the feeling of one of Europe's most extravagant locations.



The Agrinio Setting

This set is effortlessly stylish and chic. The silky-smooth textures paired with the subtle colour palette emulate the famous Agrinion olives and pay homage to the magnificent architecture of Aetolia-Acarnania, Greece.



The Positano Setting

Terracotta and white textures and surfaces are the heart of this setting. Inspired by the iconic Italian village, the rich and earthy tones are perfect for the warm weather.



The Crewel Gobelin – A Local Gem

Hannah Prasad

On the lush streets of the North Shore, sits a quaint little shop, full of character and charm. As you enter The Crewel Gobelin, you are instantly greeted by a soothing soundscape, and the warm welcome of staff. Your eyes then navigate towards the walls, lined with an assortment of coloured thread that would put any pick and mix to shame, and you marvel at the delight of this magical hideaway that houses the classic craft of needlework. *Sydney Observer* explored The Crewel Gobelin and spoke to owner Julie Milne, about her serene sanctuary that has become a connective form of community.

Why did you take over the store?

I was working here part-time, and the then owner wanted to retire and she was going to close the store. We decided that couldn't happen, as the store means so much to so many people and I had the opportunity to do it.

I've always been a needleworker. When I was young, I used to sew and dress make, and I've always stitched. When I left school, I did interior design and then I worked in that industry for a little while. Then I fell into the funds management industry and I stayed in that for then the whole of my career, but I always felt like I wanted to do something more creative.

Do you have any tips on how to create a memorable gift for Christmas?

Lots of people do the stockings for Christmas, they become heirlooms then because they come out each Christmas and become a part of the family celebration. I think a handmade Christmas present is always much nicer than a bought gift, it means more. You can make it really personal, then it doesn't have to be big, it doesn't have to be expensive but it can just reflect who you're giving it to. So you can use their initials and create a monogram or



Owner Julie Milne.

you can use a motif that is significant to them.

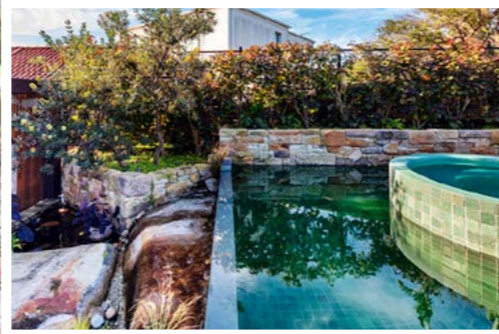
Can you tell me more about the classes you offer?

We have a few groups that come and stitch in the store and they work on their own project, and we have a tutor who is here a couple of times a week. So we have classes in the shop then we have workshops on the weekend, which are held at the Greengate Hotel and they are two-day workshops, which we call masterclasses.

They are a set project with a very experienced tutor and they range in level from intermediate to advanced. You're usually learning a technique or a project. The shop is a mixture of embroidery, which is surface stitchery and then counted work which is cross stitch, so we do lots of different needlework.

thecrewelgobelin.com.au





Wildlife and Natural Pools

Isabella Ross

With summer in full bloom, now is the perfect time to spruce up your home's outdoor design. Local business Landforms offers an alternative to the conventional outdoor pool. *Sydney Observer* got the chance to sit down and chat with Director of the business, Julien Roy, who shares the beauty behind these pools.



THE CURRENT DEMAND

The demand for natural pools is on the rise. As the word spreads that biofiltration is a viable alternative to conventional sterilised pools, and people become more aware of the environmental and experiential benefits that natural pools offer, we are getting more enquiries.

REASONS WHY CLIENTS HAVE OPTED FOR A NATURAL POOL

1. Natural pools are more environmentally responsible and use far less energy. They also require no harmful chemicals.
2. As a natural body of water, our pools also create habitats for wildlife and

open up possibilities to store water for use around the property as irrigation.

3. The experiential and aesthetic benefits of natural pools often come as an extra bonus. The fresh, living water has a different quality and feel on the skin that makes swimming an invigorating, replenishing and relaxing experience.

KEEPING THE NATURAL POOL CLEAN

The maintenance of a natural pool varies as every pool is uniquely different. Our filtration system relies on biological processes, the culmination of millions of beneficial bacteria that feed on nutrients and potentially harmful microorganisms.

Natural pools will develop a film on the interior surface, this is like the thin green film that would grow on submerged boulders in a flowing creek.

The maintenance of natural pools involves removing sediment from the pool (leaves, debris, etc) much the same as a conventional pool, and also caring for any water garden/plants. We now offer fully automated systems with in-floor cleaning jets and suction

cleaners to automate the process and reduce the maintenance required.

TRENDING LANDSCAPE DESIGN

The natural pool becomes an integral part of the garden, attracting beautiful wildlife like native birds and dragonflies. The pools have flowing water, a requirement of our filtration systems and this creates an opportunity for streams and waterfalls. We use predominately locally sourced materials, in particular, Sydney sandstone for feature boulders and paved areas. Natural pools can be built in all shapes and sizes to suit the environment, the site and owners' preferences.

landforms.com.au

Colour Your Life this Christmas

Susan Potthurst

Christmas is around the corner and the summer season has arrived, so get your garden ready to celebrate.

PRETTY POTS

Give your pots a quick and easy facelift by filling them with colourful Perennials. Use the classic mix of red and white for a traditional Christmas arrangement, or create combos in a kaleidoscope of colours – the options are endless!

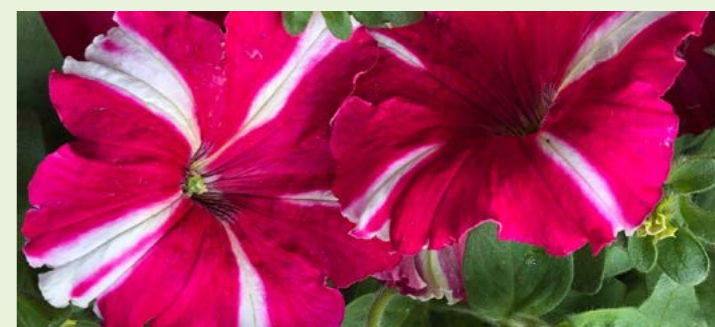
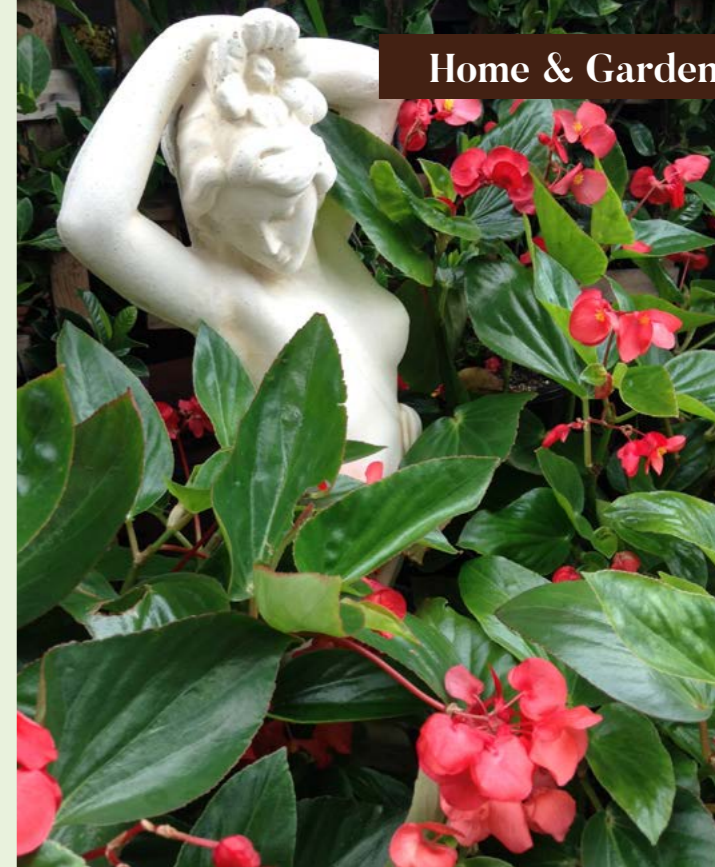
WHAT TO PLANT

For sunny spots, my summer favourites are the Lobularias, Verbenas, Vincas, Geraniums and Petunias. For the shadier areas, you can't go past Hydrangeas, Begonias, Fuchsias and Impatiens. Remember to get rid of your old potting mix and replace it with a premium mix, and to fertilise your beautiful new plants with Thrive Flower and Fruit for abundant blooms.

MAKE A STATEMENT

Make a statement on your Christmas table with a vibrant red or crisp white Poinsettia, the must-have potted plant for the festive season. The plant also makes a fabulous present for teachers, work colleagues and friends.

Susan Potthurst is the proprietor of Elegant Outdoors at Turramurra. elegantoutdoors.com.au



A Special Gift

Tech companies know more about us than we do about ourselves these days, for example, ask Google, Apple or Amazon. They know where we shop, what we eat and what we like. How easy would it be to choose a gift for our loved ones with that additional knowledge?

So think outside the box this year when selecting a Christmas gift for loved ones. Consider what would make a difference in the lives of those who receive your gift. If you are too busy to think, specialised vendors have suitable gifts for people in particular categories. A mobility store is a great place to look for some wonderful products that will suit every budget.

When older family members visit this Christmas, it is essential to ensure the experience is convenient for both you and your guests. Plan ahead and if necessary, hire mobility aids such as a chair, shower stool or even a wheelchair.

For all your Christmas shopping essentials head to comfortdiscovered.com



Health Corner

Isabella Ross

Art Therapy

Studies have shown significant improvement in the emotional wellbeing and improved mood of older adults when they regularly make art. Allowing you to express your creativity and imagination, art has a variety of modes whether it is painting, drawing, sculpting, photography, poetry or multimedia. With lots of options to choose from, there is something for everyone to enjoy – no particular skill is necessary, as it gives seniors the opportunity to communicate without words.

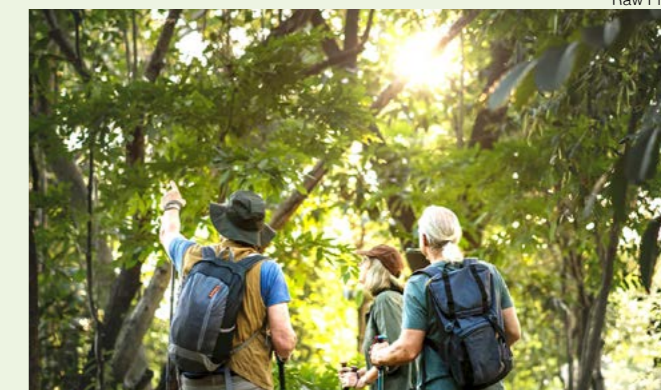


For those of the older generation, often men, expressing one's self through open communication is quite difficult. But now that times have changed, there are countless ways for seniors to experience better morale. Be sure to visit Ku-ring-gai Art Centre or Boonah Studio in Pymble for a range of classes.

Bushwalking

Bushwalking is one of the most enjoyable types of light exercise available for locals. There are trails suited to every level of aptitude, whether you are a beginner, intermediate or experienced walker. A few of the benefits of walking for seniors include lower blood sugar levels, social engagement, boost in mental health and better strength in muscles.

Understandably, it is important that seniors are able-bodied and have their doctor's approval before undergoing any walks. Be sure to keep to the track, have plenty of water, go with a friend, and maintain a reasonable pace. For an idea on all of the great bushwalking tracks and spots near the North Shore, check out our 'Best Camping Spots in Sydney' article.



73 Jersey St North, Hornsby, NSW 2077 | www.comfortdiscovered.com

9987 4500

Wrap a Helpful Solution this Season!



- Corner of Jersey Street North and Bridge Road
- Under Cover Parking on Ground Floor at the Rear
- Easy Access to the showroom from the Parking
- Enter from Jersey Street North, driving north bound

Registered Provider for My Aged Care, NDIS, DVA and Insurance Companies.

Crafting friendships. That's village life.

Every Uniting village is more than just a great home, it's a great community.

Uniting Retirement and Independent Living villages support a wide range of lifestyles and budgets. You'll find ease, security and a relaxed environment where you can live the life you want.

Learn more
1800 864 846
uniting.org



Jenny's guide to retirement village living

Meet Jenny, an expert with years of experience in the retirement living sector. *Sydney Observer* spoke to Jenny about some of the most frequent conversations people have about moving into a retirement village.

Jenny explains the benefits of retirement living are plenty. From community to lifestyle and convenience, flexibility and affordability, many residents once settled in only have one question, and that is, 'why didn't I do this years ago?'

The thought of downsizing from the family home can be overwhelming. However, once the move is complete and the boxes are unpacked, it is time to relax and focus on enjoying your new home. Experience coffee with friends in the clubhouse and an action-packed social calendar. Just think, no more lawns to mow!



Jenny is an expert with years of experience in the retirement living sector.

Whether you are engaging in social activities, shopping, enjoying cafes and the accessible transport facilities, or simply relaxing in your beautiful new home with a village of like-minded neighbours, McQuoin Park Retirement Living has you covered.

Call Jenny on 1300 221 271 for more information or to have a full information pack posted out to you.



A home that's quietly big on the little things

Artist's impression

1958 - 2019

61 YEARS

PRICE'S pharmacy

WEST PYMBLE

Our happy, dedicated staff give caring, family friendly attention to all of your pharmaceutical needs

OUR SPECIAL SERVICES INCLUDE:
 Preparation of Webster-Packs for daily medication regime
 Sub-agent for Diabetes Australia
 FREE local-area home delivery by "Delivery Boy" with over 50 years experience
 Justice of the Peace usually available - please ring first

WINNER Outstanding Pharmacy Award 2017 & 2018 in the Hornsby Local Business Awards

PRICE'S PHARMACY 2 PHILIP MALL, WEST PYMBLE, 2073
 PH: 9498 5552 FAX: 9498 7537

TURRAMURRA PODIATRY CENTRE

Our trusted Podiatrists at Turramurra Podiatry Centre have years of experience in correctly diagnosing and treating conditions of the foot and lower limb. Conditions may result from bone and joint disorders such as arthritis, injuries to the feet and lower limb, immobility, muscular, neurological or circulatory diseases.

We use an advanced form of video gait analysis to assist us in diagnosing complex motion related pathology of the foot, ankle, knee hip and lower back. The ability to analyse the gait cycle frame by frame makes it far easier to detect subtle biomechanical faults and excess pronation.

Our Podiatrists take the time to properly assess your foot condition ensuring the best positive outcomes for your lower limb health.

We are dedicated to developing new skills that provide the highest level of specialised foot care. Strapping, strengthening, dry needling, joint mobilisation and orthoses are some treatment options available.

At Turramurra Podiatry Centre we encourage an active and pain-free lifestyle in our community. We look forward to meeting you.

Turramurra Podiatry Centre
 2/14 Eastern Road Turramurra NSW 2074
 Ph: 02 9144 6227



Artist's impression



Artist's impression



Artist's impression

At McQuoin Park, be part of a friendly, supportive retirement community in Wahroonga on Sydney's leafy upper north shore. There are always new friends to share a coffee with, along with interesting and fulfilling activities. McQuoin Park offers beautiful one, two or three-bedroom apartments and outstanding shared spaces, including a lounge, dining room, pool and cinema. With the support of our Home Care services you can continue to live independently, however should it ever be required and subject to availability and entry criteria, residential aged care is also close at hand.

Apartments now selling from \$595,000. You may have to pay a departure fee when you leave this village.

Our display suite is open Monday-Friday 9:00 am-4:00 pm and Saturday 10:00 am-3:00 pm. **Call us today on 1300 221 271 or visit mcquoinpark.com.au**

35 Pacific Highway, Wahroonga.

McQuoin Park
 Retirement Living





Group Homes Australia now in Turramurra

Isabella Ross

Group Homes Australia is an innovative model, offering care in a nurturing environment, while valuing the independence and wellbeing of its residents. Their North Shore homes are all beautifully renovated and in a convenient distance to local shops, parklands and amenities. Their new Turramurra homes are being unveiled this month. *Sydney Observer* sat down with Founder and Co-CEO Tamar Krebs, who has over 15 years of experience in the aged care industry.



How do you think the community format of these spaces benefit residents?

I think first of all keeping them in their local communities, connected to their social networks, their shops, their friends and families tends to give them a sense of relevance and purpose, as opposed to disconnecting them in a facility far away. The homes offer a range of care including dementia, respite, palliative, high care, and we also cater for those with early onset dementia – it is not just for older people.

Why is this home care model suited well to those diagnosed with dementia?

As someone's world is deteriorating, and their world becomes an incredibly complex place, the one thing we always recognise is

home – the smells of home, the sounds of home, a place where I feel I add purpose and a high value of meaning. For someone with dementia, to have all those visual and sensory cues of home is far more comforting than being in an institution, where it can be quite disorientating.

In the wake of the Royal Commission, I can imagine patient care is of even more importance for all aged care institutions?

Absolutely! We were quoted as one of the three top models of care in Australia in the Royal Commission, where we testified. In the Interim Report, it talked about the environment being 50% of the therapy.

So being in a home environment is very conducive to someone's cognitive ability.

What is the importance of having an appropriate staff to patient ratio?

A high staff ratio between staff and residents (1:3) is very important, because it allows for the residents' needs to be met in a timely way. It is really about being able to have a chat and going for a walk with a staff member and being engaged in something that is meaningful, and you cannot do that if staff are not trained to be kind or if there is minimal availability.

grouphomes.com.au/



Our Furry Friends

Hannah Prasad

Animals are incredible for our wellbeing. They show us unconditional love, kindness and never judge our choices and actions. When Josh Fritz moved, he found the change lonely and missed his family and dogs. So naturally, he bought himself a Cavoodle, Quincy, but found the local park wasn't as fun without any friends. So he created PatchPets, an app designed to connect dogs and their owners. Josh shares the vision behind PatchPets and the importance of a connective space for pups.

Josh has always loved dogs, and dedicating a business to them is a dream. Understanding the difficulties for dog owners, he began extensive research and found there was a major gap in the market for a platform like PatchPets, so he brought his vision to life.

"PatchPets is a dog social media network and centralised hub for all things doggo related, that allows users to connect easily and locate dog products and services no matter where they are. Much like Facebook and Instagram,



PatchPets founder Josh Fritz and dog Quincy.

users can easily access specific groups and events, follow their favourite dog profiles and post on individual social feeds."

"The app also enables you to filter by breed, size and location, so you can

arrange to meet-up with dogs suitable for your furry friend. Other key features include the dog park directory, which guides you to the nearest dog park based on your location. PatchPets also has a localised business directory that is full of everything from dog-friendly hotels and cafes to groomers and vets."

Ultimately, the app aims to connect, unite and encourage dog socialisation and inclusion in all facets of life.

"Given that 38% of Australian households own a dog, we knew it was time to provide the canine community with an all-inclusive platform that enhances the lives of both dogs and their owners. You wouldn't leave your best friend behind, so why leave your dog behind? In one swift click, PatchPets is creating a safer and stronger community, enhancing a dog's world and fostering life-long pooch parent friendships."

The app can be downloaded from the App Store or Google Play and is completely free.

Health and Wellness with Keira Rumble

Isabella Ross

Known for her business prowess, Keira Rumble epitomises all things holistic health, with her passion for sharing healthy recipes, insights and products for women. Founder of Krumbled Foods, and a certified nutrition and wellness advisor, Keira is arguably most well known for her nutritious and delicious Beauty Bites bars, stocked across prominent retailers such as Priceline Pharmacy and Wholefoods House. *Sydney Observer* got the chance to sit down with Keira and chat about how to maintain wellness this upcoming Christmas season.

What are some of your favourite Christmas stocking fillers?

- Beauty Bites Sample Pack (Krumbled Foods) \$15.
- Face Aqua Mist (Three Warriors) \$32.95.
- Stainless Steel Straws (Ever Eco) \$9.95.
- Aspect Probiotic Mask (Adore Beauty) \$59.
- Rose Quartz Gua Sha (Krumbled Foods) \$29.
- Silicone Food Covers (Ever Eco) \$24.95.

How would you recommend our readers keep up their healthy lifestyles during the festive season?

For the most part, try not to think about it too much! Holidays are for enjoyment and time with friends and



Keira Rumble is the founder of Krumbled Foods, and a certified nutrition and wellness advisor.



family. Try and get outside as much as possible, take the dogs for a walk, take the kids to the beach and park, get moving. Also, keep hydrated and take advantage of the summer weather with lots of barbeques and fresh salads!

What are some of your favourite aspects of your wellness and lifestyle routine?

My morning routine is what keeps me grounded no matter where I am in the world. I love to start my mornings off by dry body brushing, while drinking a big glass of water. I then shower, put body oil on, followed by my skincare routine. I then spend five minutes journaling and writing down my to-do-list for the day ahead.

krumbledfoods.com
Instagram – @krumble

Kick-Start YOUR GOALS at the Gym

Ben Williams

Ben Williams is the General Manager at North Shore Gym • northshoregym.com.au

With summer just around the corner, North Shore Gym is here to help. Below are five tips to help you get into your best shape before the holidays!

1



Mix up your workouts. Varying your training is a great way to keep things fresh and exciting. Challenge yourself by including weight sessions, HIIT training or group fitness classes. You can also try training in the great outdoors for some fresh air. Making every day different will help avoid getting stuck in a training rut.

2

Train with a friend. Friends can help keep you accountable, push you harder and are always up for a laugh and a chat, which can make training more enjoyable! So make sure to grab a buddy next time you head to the gym.



3

Focus on eating nutritious meals. You can be the hardest worker in the gym but if you are not staying on top of your nutrition, the results you want will not be evident. Focus on consuming lean protein sources, complex carbohydrates and healthy fats to fuel your workouts properly and to aid in your recovery. To avoid the temptation of eating junk food, plan your meals in advance.

4



Stay hydrated. Up to 60% of our bodies are made up of water, so when exercising, it is imperative that we replace what we lose through sweat. Aim for at least 2 – 4 litres every day to keep energy levels up, regulate appetite and maximise your body's fat-burning ability.

5

Create a playlist. Put all your favourite music into one playlist and get to the gym! Research suggests that listening to fast and upbeat music while running can increase your pace by up to 15%. So to maximise each training session, pop those headphones on and smash your goals!



Social Media - The Highs and Lows

Sarah Wainwright

Generation Z or the iGeneration, born between 1995 and 2012, is the 'super-connected' smartphone-generation. Connecting via social media, on YouTube, Instagram and Snapchat is an integral part of their lives! The iGeneration is the first to spend their entire adolescence with smartphones.

In a lecture I recently attended, Professor of Psychology, Martin Seligman from the University of Pennsylvania, explained the significant effects on both mental health and sleep after two hours a day on social media.

In Science For Students, Alison Stevens reports that social media use in teens especially, can harm mental health, however, social media alone isn't what causes problems. Lack of sleep and exercise, and being bullied, online or offline, decreases happiness and increases anxiety. Claiming that social media causes harm is overly simplistic. What matters is how teens are using technology.

Sitting down with Mrs Liz Cannon, Director of Wellbeing and Counselling, and school Psychologist at Abbotsleigh, Mrs Cannon explains, "we recognise that social media has many benefits and if used appropriately, adds greatly to our lives. We educate and encourage our young people to use social media responsibly and respectfully, as we know that overuse and misuse can impact the wellbeing and mental health of the young people involved."

Furthermore, Mrs Cannon suggests that negotiating with teenagers on some aspects of social media use is recommended, for example, setting limits on screen time. It is vital to set firm boundaries and rules around technology use. It is also important for adults to role model these responsible approaches when using technology.

Mrs Cannon also emphasises that it is essential for parents to keep the lines of

communication open between themselves and their children, so that children feel confident in discussing any online issues, such as feeling unsafe or being bullied. If children fear that their parents will overreact or cut off their internet use, they are less likely to seek help. Having said that, if you notice a change in your child's mood or behaviour, it is important to talk to them about what may be happening, and if needed, seek professional help from a school counsellor or GP.

SOCIAL MEDIA and SELF-CARE

- Get enough sleep, at least eight hours a night, uninterrupted by social media.
- Exercise, as this is a mood-boosting activity.
- Spend time with friends in person.
- If social media has become a stressor, check it less often, and connect with people who have a positive impact.

Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), writer, counselling, third culture kid and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips



Designer of fine jewellery
Restoration & Repairs
Watch & clock repairs and Valuations

For exquisitely designed jewellery



TURRAMURRA
JEWELLERS

Studio 2, The Walkway
1269 Pacific Highway TURRAMURRA
Phone 9488 8005

Christmas Cheer at the Dentist

Dr. Ian Sweeney

Christmas is a time for giving, and the greatest gift you can give your children is a positive and relaxed attitude towards dental appointments. A positive attitude coupled with a consistent relationship with your dentist will go a long way towards setting your children up for life with a healthy smile.

Children who attend regular dental visits feel more confident, are more relaxed and are more willing to ask questions regarding their oral health.

Children often seem to take more notice if someone other than a parent tells them something. This is particularly true for dental care. Dentists are well versed in oral care techniques, and are willing to share their knowledge on how to create and maintain happy and healthy mouths and smiles.

Holidays mark a change in routine. Keeping a consistent brushing regime through the holiday season is very important for the entire family. It is vital to keep up brushing and flossing twice a day, and to limit the number of treats, despite their abundance at this time of year.

The summer holidays are associated with an increase in the number of dental trauma cases. Front teeth are

most at risk of injury from new toys, bikes, scooters, swimming pools and outdoor play. Everyone, especially children, can easily get caught up in the excitement of their new toys or having fun in the sun, without thinking about potential risks.

Holiday dental first aid for when a tooth is knocked out:

- If a permanent tooth is knocked out, rinse it briefly in milk and if possible, gently push the tooth back into the space it came out of. If this is not possible, place the tooth into milk, or wrap the tooth in cling wrap.
- Remember, the quicker the patient is seen by a dentist, the better the long-term prognosis for the tooth.
- If a baby tooth is knocked out or dislodged, rinse the tooth with milk and wrap it in cling wrap. Do not attempt to replace the tooth. Make a dental appointment as soon as possible for a review.
- If the tooth cannot be found, it is still important to see your dentist, as the tooth may be dislodged into the lip, swallowed or even inhaled.

Finally, why not treat yourself or a loved one to a dazzling white smile this Christmas. Christmas is the perfect time to give a gift voucher, and teeth whitening is the gift that will keep on giving, smile after smile.



Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turramurra.



At **Northside Dental & Implant Centre** we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access and

a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions.

**NORTHSIDE
DENTAL & IMPLANT
CENTRE**

**NORTHSIDE
SEDATION
CENTRE**

Trusted by generations of families, our friendly team at **Northside Dental®** can be relied upon to take expert care of your entire family's dental needs.

We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turramurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.

Let our family,
give your family,
a reason to smile!



Turramurra Practice

1253 Pacific Highway,
Turramurra 2074

☎ 02 9144 4522

Hornsby Practice

79 Burdett Street,
Hornsby 2077

☎ 02 9987 4477

Visit: www.northsidedental.com.au



Special Services

- ☛ Dental Implants
- ☛ Crowns & Veneers
- ☛ Whitening
- ☛ Preventive Dentistry
- ☛ Children's Dentistry
- ☛ Senior's Dentistry
- ☛ Special Needs
- ☛ Root Canal Therapy
- ☛ Sedation
- ☛ General Anaesthesia
- ☛ Fear Of Dentistry
- ☛ Anxiety In Dental Chair
- ☛ Failure Of Local Anaesthesia
- ☛ Surgical Procedures
- ☛ Patients With Gag Reflex
- ☛ Special Needs Patients
- ☛ Hoist Available

Best Camping Spots in Sydney

Isabella Ross



Sydney.com

The Basin Campground, Ku-ring-gai

Perfect for our North Shore locals, The Basin Campground is situated in Ku-ring-gai Chase National Park, making it the perfect quick and convenient getaway. One of the city's most popular beach camping spots, the park has stunning surroundings including a sheltered beach, inland lagoon and picnic area. The campground accommodates approximately 400 happy campers at once, meaning it has all the necessary facilities for an ideal stay. The amenities include picnic tables, BBQ facilities, drinking water, showers, toilets and a nice grassy area for tents.

Cockatoo Island

For a bit more of an upmarket experience, Cockatoo Island is the perfect destination for beginners at camping, or for those who do not like to 'rough it.' Known as 'glamping', Cockatoo Island has an abundance of pre-made tents near the waterside. The tents contain camping beds, nice mattresses, linen, towels, sun lounges, cushions and a lantern – definitely a nice, clean way to camp! After being awakened by the sounds of native birds, campers can walk over to The Canteen for a hot breakfast and coffee combination, and then head to The Island Bar for a nice cocktail in the sun. To get there, patrons only need to take a short ferry ride from Circular Quay.

NSW National Parks



Lane Cove National Park

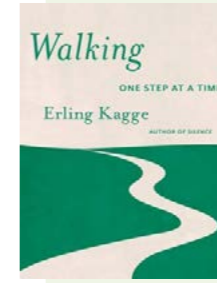
A national park located within metropolitan Sydney, this North Shore spot has a range of camping options including a caravan park and cabins. Affordable and clean, campers can unwind after a fun-filled day of bushwalking, paddling, cycling or fishing in the park. There are two different cabin types – studio and family sizes that are both surrounded by lush greenery. According to Lane Cove National Park, the abundant wildlife includes kookaburras, lorikeets, water dragons, ringtail and brushtail possums, owls and sugar gliders. So bring the family along for a wonderful camping experience that will open their minds to the wonderful nature that exists on our doorstep!

Conde Nast Traveller

Relaxing Summer Reads

Lewis Godwin

What better way to take advantage of the warm summer weather than with a book? Here are a few relaxing titles for you to soak up this season.



'Walking'

Erling Kagge

This poetic story reflects on an essential yet mundane task – walking. The book discusses how the activity can bring mindfulness and meditation into our lives, through the simple task of placing one foot in front of the other.



'The Secret Garden'

Frances Hodgson Burnett

Looking for a story to read with the kids? This classic tale follows the story of Mary Lennox, a young orphan who is sent to live with her isolated uncle. One day she stumbles across the magic of a secret garden, and as she starts to work in it, the garden begins to bloom, and so does Mary and her new life.



'Into the Wild'

Jon Krakauer

Follow the tale of Christopher McCandless, who abandons his possessions and travels into the Alaskan wilderness, seeking a new life for himself. This is a beautiful book about how finding enlightenment can sometimes conflict with being part of society.

Narrabeen/Warriewood

Pittwater Road
Boondah Reserve

6th Dec-15th Dec

With a Touch of Christmas

featuring
Wheel of Death,
Trapeze, Miniature
Horses, Dogs & Clowns
plus exciting circus
acts. Dodgem cars
giant slide and all the
fun of the fair.

TICKET PRICES

B Reserve Chairs	
Child	\$18.00
Adult	\$28.00
A Reserve Chairs	
Child	\$20.00
Adult	\$30.00
Ring Side Chairs	
Child	\$25.00
Adult	\$35.00
VIP Chairs	
Child	\$32.00
Adult	\$42.00

SHOW TIMES

Fri	6th Dec	6.00pm
Sat	7th Dec	11.00am, 3.00pm & 7.00pm
Sun	8th Dec	11.00pm & 3.00pm
Thurs	12th Dec	6.00pm
Fri	13th Dec	6.00pm
Sat	14th Dec	11.00am, 3.00pm & 7.00pm
Sun	15th Dec	11.00am Last Show

- Tickets on sale 1 hour before each show.
- Cash sales only, no cheques or credit cards.
- On site box office open 10am - 5pm Wed to Sun.
- All children pay ages 3-14 and to be accompanied by an adult

Online Bookings: www.weberscircus.com
Phone Bookings: 9.00am - 7.30pm

FOR ALL ENQUIRIES
0448 247 287
0448 CIRCUS

To Redeem this \$2 Discount flyer must be presented at on-site ticket office to be deducted off cash sale.

ONE PER TICKET MAXIMUM OF 5 PER TRANSACTION

Present this leaflet to receive **\$2 Discount!**
Not to be used with any other discount
www.weberscircus.com

weberscircus.com

Christmas Special

WEBERS CIRCUS

See all the Great Circus Acts with a TWIST of Christmas!

www.facebook.com/weberscircusspectacular

Sounds of Summer

Martin Slattery

Has this ever happened to you? You're a journalist with a cool boss writing quirky articles for a magazine, but you quit that sweet job because you need to if you're ever going to be serious about making music. Then you spend ten years making experimental jams that no one in particular wants to listen to?

Have you done that thing where you then decide to make a record that's more positive and fun, and it has a song on it called *Really Home*, which is weird but in a non-challenging way, kind of like Pee Wee's Playhouse but with an African vibe and you wrote that song by a pool in the Midi-Pyrenees?

The other songs you've written, I assume, are a freaky jam you have crafted out of



a soul sample, slowed down beyond the point of recognition to avoid copyright infringement called *Yr Listening Too?* and a really intricately produced, epic and beautiful track that sort of sounds like The Avalanches, because you've made the song with Darren Seltmann from The

Avalanches who produced the record. Has this happened to you? Did you call that song *So It Goes* too?

Then a record label in Geelong hear your song and think it's cool, so they release it for you and it gets played on the radio and pressed onto vinyl. Happens all the time, right?

Have you also had your old boss, the cool one from the magazine you used to work for all those years ago then contact you because they heard the record and want you to review it, but you say 'I don't think I'd be comfortable reviewing my own record, but why don't I write about how I made the record?' and they say 'sure' and it gets published in the Sounds of Summer feature in *Sydney Observer*?

Has this ever happened to you, or is it just me?

Fashion & Beauty

A Memorable Gift

If you are looking for a special present for a loved one, an engraved gift is a personal and unique idea. With their state of the art custom laser engraving service, Kurt Seifert Jewellers has an array of options and design ideas that will help you create a memorable piece.

With immaculate attention to detail, the store offers laser engraving inside and outside an array of items such as rings, shields, goblets and more. Producing extremely fine text and symbols, messages, pictures, images and dates, the design options are endless.



Kurt Seifert Jewellers
1A William Street Hornsby
Ph: 9476 4711

Bliss and Glow: Balance Aesthetics Medispa

Isabella Ross

In mid-November, I decided to try out Balance Aesthetics Medispa in Turrumurra for myself – spending my own money to see whether it had the *Sydney Observer* 'Tick of Approval.' And indeed, it now does! The clinic's fundamental philosophy is to "help clients feel best in their own natural glowing looking skin."

I decided to get an express facial (\$55) – something quick and easy, with the goal of achieving a dewy glow to my complexion. A fantastic aspect of the facial is that it is customisable to the individual. My facialist Kim, a certified Dermal Beauty Therapist, sat down with me prior to the treatment and discussed what I wished to achieve. With my dry/sensitive skin, I was after something that was hydrating and calm.

So, after the consultation, Kim opted for the express HydraFacial. A treatment suitable for most skin types, it is a non-invasive procedure that "provides immediate results and leaves skin looking and feeling great" according to the pamphlet. And I was happy to discover that this was indeed true – my skin felt refreshed, looked luminous and has continued to feel soft and subtle since my appointment two weeks ago. The thirty minutes of relaxation was brilliant, especially because unlike a standard massage, this treatment had a deeper purpose of cleansing, exfoliating, and then adding moisture to the skin.

So, to treat yourself to a relaxing moment of peace that will also do wonders for your skin, be sure to visit Balance Aesthetics Medispa this month. With a 20% off all treatments for December, what's not to love!



balancemedispa.com.au/



Winner



- A well established fun and modern salon
- Over 60 years combined experience
- Specialising in formal and wedding styles
- Colour specialists
- Located across from Pymble train station

91 Grandview Street, Pymble 2073
PH: 9440 7004 | [f](#) [i](#) [@hairtraits](#)

Balance Aesthetics
your body deserves more

Our elite skin team led by Dr Mihaela Lefter - plastic surgeon - offers a comprehensive consultation process to develop the best approach for facial rejuvenation and body contouring combining non-surgical with surgical procedures.

Pampering and taking care of your skin prevents skin cancer cells formation.

- ✓ Speciality facials: Hydrafacial / Microdermabrasion
- ✓ Platelet Rich Plasma
- ✓ Anti-wrinkle injections
- ✓ iS CLINICAL - advanced luxury cosmeceutical skincare
- ✓ the "Hollywood Red Carpet" treatment - The Fire & Ice facial
- ✓ Emepelle - revolutionary MEP Technology for perimenopausal and menopausal skin
- ✓ Biopelle - RetriDerm® Serums Retinol for firmer and smoother skin



1343 Pacific Highway, Turrumurra, 2074
M: 0415 429 905 | Ph: 02 8384 8093
www.balancemedispa.com.au | [f](#) [@balanceaesthetics](#)

Shine Bright this Summer

Hannah Prasad

Summer is the season for parties, events and late nights, so it is essential to create a nourished and clean canvas for your makeup. It is also important to nurture your skin and hair after subjecting it to styling, makeup and environmental stressors. So *Sydney Observer* has your skin and hair care guide sorted so you can dance the night away!



WONDER 4in1 Starter Kit

Extract of Fermented Maqui Berry This is rich in antioxidants and is effective in preventing aging by removing active oxygen. It also helps strengthen skin immunity.

Extract of Fermented Green Tea with Honey Known as one of best antioxidants, polyphenol from fermented Boseong Green Tea with locally grown sweet honey will transfer your skin clear and brilliant.

25g / 0.8 fl. oz.



Sheet Mask



Haruharu

Haruharu's WONDER line harnesses the power of Mother Nature, creating a soothing range of products that contain at least 95% of ingredients from natural origin. The Wonder Starter Kit contains a mask from each of the WONDER ranges, so it is great for experiencing the unique benefits of each product. Creating bright moisturised skin, the effects are truly wonderful, but what makes this brand extra special is the cute coffee cup packaging that can be reused for flowers or makeup brushes!

E.S.K – Evidence Skin Care

Evidence Skin Care focuses on creating anti-ageing skincare that produces smoother and younger-looking skin. They also target rosacea and acne, but the products are suitable for all skin types. The Ultimate A cream stimulates collagen, while increasing skin elasticity by using vitamin A (retinal) and vitamin B3 (niacinamide), while the Ultimate A+ focuses on reducing the appearance of acne, fine lines and wrinkles with glycolic acid, a key ingredient used for treating the signs of ageing.



Enbacci Sheet Masks

Enbacci has now introduced the Age Revitalising Face Defence Mask and the Vitis Vinifera Rejuvenating Mask, which are a moisture-boosting mix of their most-loved ingredients, including vitis vinifera, the humble grape! This is the perfect pamper piece after a big night out, so treat yourself with this beauty staple.

Shampoo with a Purpose

Aiming to combat the war on waste is Shampoo with a Purpose, with their plastic-free shampoo bars that help your hair and the environment. The hydrating and moisturising formula caters to common problems such as dry, oily or combination hair. The O.G. is filled with rich Moroccan Argan Oil that restores moisture and stimulates hair growth, while the other bars have an array of effects that will help protect and nourish your hair after all your events!



Where to go these *Summer Holidays*

Isabella Ross

With summer comes the perfect opportunity for relaxation, vacation and warm, tropical weather. Now that school holidays are around the corner, December and January are the perfect months to get the family together and visit somewhere you have always wanted to go! So, to get the creative juices flowing about travel plans on the horizon, below is a list of popular spots perfect for a summer holiday!



Hawaii, USA

Even though it is technically winter in Hawaii in December, the international tropical destination still has warm weather and lots to see and do! Oahu is the most common city in Hawaii to visit, particularly Honolulu. There is so much to do – parasailing, paddle boarding, visiting the gigantic waves on the North Shore and most importantly... shopping! For a day trip, Hanauma Bay is a personal favourite. Known for its pristine coral reef, abundance of tropical fish and stunning views, the bay is only 40 minutes away from Honolulu.

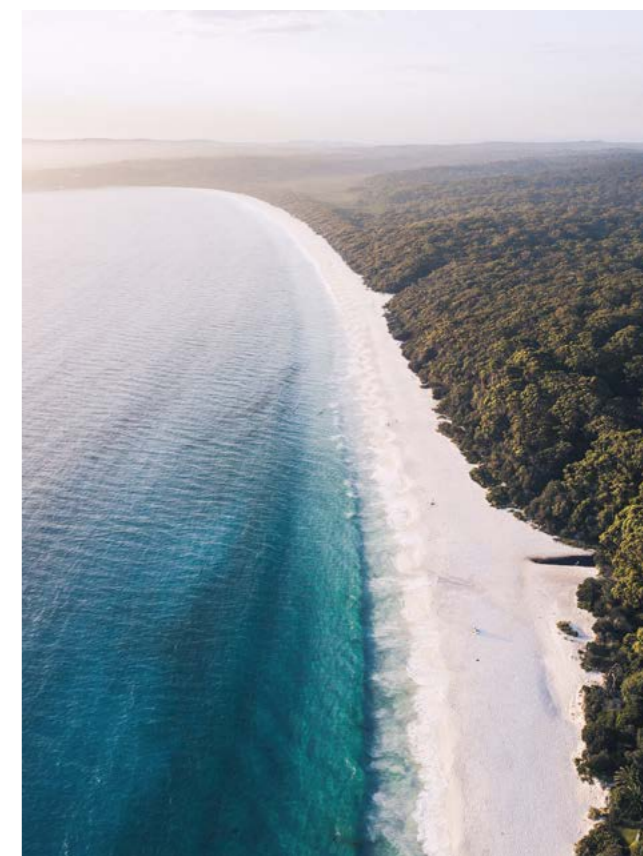


Vanuatu, South Pacific

Interestingly, Australians and New Zealanders account for 57% of travellers that visit Vanuatu. With such close proximity to the South Pacific, the distance makes it incredibly easy for travellers to reach the holiday spot without a long-haul flight. Plenty of tours are offered, including scenic helicopter flights, diving, fishing, local culture, volcanoes and hiking. One of the best ways to visit the South Pacific is to take the family on a cruise. With so many different varieties available, including various lengths in time, destinations and price ranges, there is something to suit every family budget.

Hamilton Island, QLD

Situated just a boat trip away from the breathtaking Great Barrier Reef, Hamilton Island is the most popular destination within Queensland's Whitsundays. With hotel, Airbnb and bungalow options for accommodation, Hamilton Island is a pricey place for a holiday. However, it is an incredibly beautiful spot with lots to do – including snorkelling, dining varieties, shopping, day trips to the reef and spa packages. So unwind with a glass of champagne, enjoy the scenery, and swim in the crystal blue waters that surround all the islands.



Jervis Bay, NSW

Located on the South Coast of NSW, Jervis Bay is a popular holiday spot amongst families. It is an oceanic bay that has some absolutely beautiful beaches and bush along the east coast.

Some of the most popular beach towns along the stretch are Huskisson, Hyams Beach and Murrays Beach. Huskisson is the ideal place to set up camp, whether it is in an actual caravan camping park, hotel, standard motel or Airbnb – there are options for all. The various locations mentioned are idyllic for swimming and snorkelling as the Shoalhaven region is teeming with native wildlife – including kangaroos along the hinterland! With exquisite scenery, powder-fine white sand and clear cerulean waters, Jervis Bay is one of the most beautiful spots in NSW.



Bar-B-Que Slaw Sandwich with Caramelised Onions

Kelly Peloza Photo

Makes: 4 sandwiches
Prep time: 20 minutes
Cook time: 20 minutes

INGREDIENTS

- 4 burger buns
- Barbecue sauce

Slaw

- 1/4 cup vegan mayonnaise
- 1 1/2 tablespoons non-dairy milk
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon celery salt
- 1 1/2 cups shredded cabbage
- 1/3 cup shredded carrots
- 1 tablespoon diced onion
- Salt and freshly ground pepper to taste

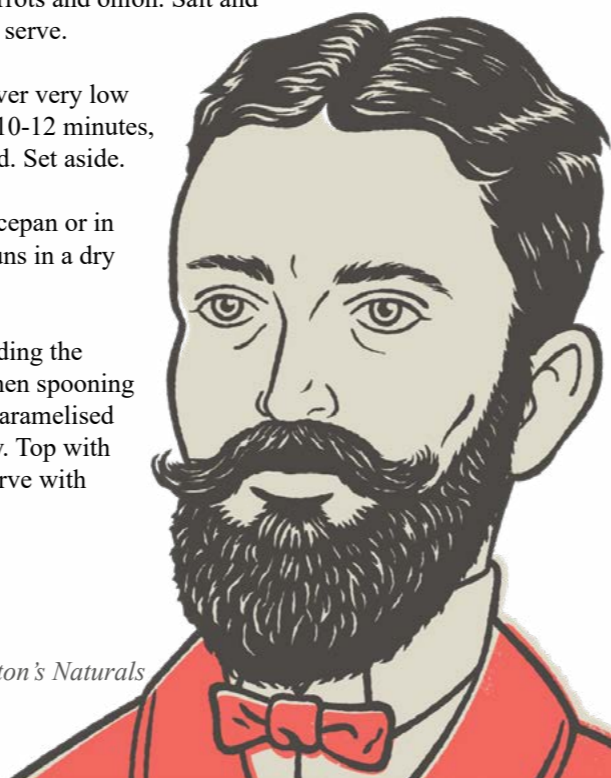
Sandwich filling

- 1 tablespoon olive oil
- 1/2 onion, sliced into rings
- 1 10.6-ounce package Upton's Naturals Bar-B-Que Jackfruit

METHOD

1. Prepare the slaw by mixing the vegan mayonnaise, non-dairy milk, apple cider vinegar and celery salt in a large bowl. Add the shredded cabbage, shredded carrots and onion. Salt and pepper to taste. Chill until ready to serve.
2. Heat the olive oil in a frying pan over very low heat. Add the onions and cook for 10-12 minutes, stirring frequently until caramelised. Set aside.
3. Heat the jackfruit in a separate saucepan or in the microwave. Toast the burger buns in a dry pan.
4. Assemble the sandwiches by spreading the bottom bun with barbecue sauce, then spooning jackfruit onto each bun. Top with caramelised onions and a large spoonful of slaw. Top with the other half of the burger bun. Serve with any leftover coleslaw on the side.

Recipe by Upton's Naturals



Delicious Christmas Delights

Hannah Prasad

To make your Christmas even sweeter, *Sydney Observer* has a few tips and tricks on how to create the perfect treats for parties, gifts and the family.



We're Jammin'

For an extra special gift that will last a while, jam is a customisable creation your friends and family are sure to love. From raspberry, strawberry and marmalade, you can decorate the jars with cute designs and ribbon to accompany the sweet flavours.

Decadent Truffles

Truffles have become a Christmas classic, with their rich flavour yet simple method, the options are endless. Start with a base of double cream, chocolate and cocoa powder for dusting, then add any elements you desire! From Tim Tam truffles, rum and raisin and cherry, an assortment of truffles wrapped in a beautiful package will make a lovely gift.



Lots of Love

An easy yet effective edible decoration is a candy cane heart. Simply place two candy canes together, use melted chocolate as the glue, and fill the heart with the remaining chocolate. You can crush candy canes over the chocolate, or swirl two colours together for a marbled effect!



Chocolate Bark

Chocolate Bark is a great gift, as the flavours and combinations can be tailored to a variety of individuals. If you are looking for a special treat for the kids, why not set up a mini chocolate bark station and let the little ones run wild with their creativity!



What's On

1 – 21 December

'The Beauty Queen of Leenane' Play

A pitch-black comedy set in the Irish village of Leenane, the play follows middle-aged Maureen who finds her first chance at love, but is sabotaged by her cruel mother. The play boasts the impressive talent of two major Australian actresses – Yael Stone from *Orange Is the New Black*, and Noni Hazlehurst from *A Place to Call Home*.

Where: Roslyn Packer Theatre, Millers Point
Cost: From \$83

sydneytheatre.com.au/

1 Dec – 31 Jan

Eden Gardens Unearthed Art Installation

The stunning exhibition is returning for its fourth year, featuring over 40 installations amongst the lush gardens. The outdoor display includes features of floating, suspended, sculptural and sound art installations. With a children's playground, café, homewares and plants store, it is a great spot to visit with the family.

Where: Eden Gardens, Macquarie Park
Cost: Free

edengardens.com.au/pages/eden-unearthed

2 – 17 December

Jewellery Making Workshop

In this 2.5-hour workshop, join a jewellery maker in her home studio in Pymont, and design and make your own feature pieces of jewellery. A beginner's workshop, all participants can express their creativity and feel a sense of achievement, learning basic silversmith skills, while leaving with a nice ring or pair of earrings.

Where: 4 Tambua Street Pymont
Cost: \$110

ayanajewellery.com/



Taste of Home

4 December

Christmas Cookie Decorating

The perfect activity to get you excited for Santa's arrival, this Christmas cookie decorating workshop is delightful! Hosted by Rebecca Laurie Patisserie, located within the shopping

centre, this workshop is also a great excuse to eat lots of yummy sweets!

Where: St Ives Shopping Village
Cost: \$10 per person

stivesvillage.com.au/

5, 12, 19 December

Pet Santa Photos

Another great Christmas-themed event at St Ives is their annual Pet Santa Photo booth. So bring along your furry friends for a Christmas photo with Santa, (small animals only). Bookings are essential.

Where: St Ives Shopping Village
Cost: not specified

stivesvillage.com.au/

14 December

Paul Kelly Concert

The Aussie rock singer-songwriter is heading back to Sydney for a festive concert.

He will also be bringing along some iconic national artists including Courtney Barnett, our Eurovision rep Kate Miller-Heidke and Indigenous singer Thelma Plum. To hear all of the ARIA Chart topper's hits, be sure to book tickets now, because they will not last long!

Where: The Domain Sydney
Cost: From \$99.90

frontiertouring.com/makinggray

14 – 15 December

5K Foam Fest Fun Run

A one-of-a-kind obstacle course, the 5K Foam Fest has some of the most exhilarating obstacles including the world's largest inflatable waterslide, mud pits and more! The event is a proud supporter of the Make-A-Wish Foundation, so participants are encouraged to create a fundraising page or make a donation when they register.

Where: Sydney International Equestrian Centre, Horsley Park
Cost: From \$70

the5kfoamfest.com/australia/

18 December

Christmas Storytime for Kids

The perfect way to keep the little ones entertained and excited for the upcoming arrival of Santa, Christmas Storytimes are a great activity. There will even be an early visit from Santa – so be sure to book your spot with the council for a joyous time of family afternoon fun!

Where: Lane Cove Library
Cost: Free

lanecove.nsw.gov.au/

19 December

Carols Under the Stars

All are welcome to this local Christmas carol event! Get into the Christmas spirit by bringing your own picnic rug, and bask in a great community night of festive cheer. Pre-show entertainment starts at 5:30pm, and then the wonderful carols will be on full display at 7:30pm.

Where: Warrina Street Oval Berowra
Cost: Free

hornsby.nsw.gov.au

21 December

Aboriginal Bush Food Experience

Get to know the world's oldest living culture through bush food tastings and demonstrations at the Botanic Gardens. A great backdrop to a beautiful workshop experience, join passionate Aboriginal guides on how to incorporate native Australian bush foods with everyday ingredients.

Where: Royal Botanic Garden Sydney
Cost: From \$72

rbgsyd.nsw.gov.au/



21 December

Woolworths Carols in the Domain

For a gigantic Christmas spectacular, the Woolworths Carols in the Domain is arguably the most iconic festive event in Sydney. Perfect for everyone, the star-studded Christmas celebration will have lots of familiar famous faces as commentators and singers. So to get into the Christmas spirit, be sure to book your tickets!

Where: The Domain Sydney
Cost: From \$40

carolsinthedomain.com/

26 December

Harbour Cruise: Sydney to Hobart Race Start

One of the best ways to spend Boxing Day is to enjoy it on Sydney Harbour! Join the Maritime Museum on the harbour to celebrate the iconic Sydney to Hobart Race. The museum's vessel, Aussie Magic, has some of the best seats in the spot, where guests will enjoy a gourmet buffet lunch, refreshments and stellar commentary from a Network 7 broadcaster.

Where: National Maritime Museum
Cost: From \$125

sea.museum/whats-on/events

31 December

New Year's Eve Fireworks Bradfield Park

Milsons Point has one of the best vantage points in terms of the Sydney Harbour Bridge and the tickets are low-cost. With no alcohol allowed in the park, this spot is also ideal for families. Food trucks will be on the premises, making it the perfect location to watch the fireworks and enjoy a special start to the New Year with loved ones.

Where: Bradfield Park, Milsons Point
Cost: \$10

sydneynewyearseve.com/vantage-points/

31 December

New Year's Eve at Taronga

With an iconic Sydney harbour foreshore, Taronga Zoo is a great spot to watch the fireworks. A family-friendly environment, welcome in the New Year at Taronga with festivities, food and drinks on-site.

Where: Taronga Zoo, Mosman
Cost: Adults \$200, Children \$110

taronga.org.au/sydney-zoo/nye



1 January

Live Life Get Active Program

Now you have the perfect excuse to eat to your heart's delight this Christmas! On the first day of January, get into an active mindset with this free outdoor activity program, designed to build fitter, healthier and happier communities.

Where: Elouera Reserve, Macquarie Park
Cost: Free

ryde.nsw.gov.au/

3 – 5 January

Painting Portraits 3-Day Workshop

A great workshop for those wanting to perfect their skills or learn how to create art professionally, the tutor will teach students how to paint a portrait in oils, acrylic and mixed media. Whether it is a freestyle or realistic portrait, you will explore all there is to know about the power of painting.

Where: Ku-ring-gai Art Centre
Cost: \$375 per person.

kmc.nsw.gov.au/

3 – 7 January

Domain Pink Test Match: AUS vs NZ

The Pink Test is an iconic week of cricket, with the Australian community marking the incredible work of the McGrath Foundation and legacy of Jane McGrath. Enjoy some stellar cricket, get dressed up and show your support for an outstanding cause. Be sure to book tickets soon!

Where: The Sydney Cricket Ground
Cost: From \$30

cricket.com.au/tickets/sydney

4, 5, 11, 12, 18, 19 January

Oysters and Bottomless Bubbles

Perfect for an afternoon catch-up with your girlfriends, this deal is too good to be missed. Including 2 hours of bottomless sparkling wine and a dozen oysters, this event is definitely how a weekend should be spent!

Where: The Morrison Bar and Oyster Room, Sydney
Cost: \$55 per person

themorrison.com.au/

10, 17, 24, 31 January

Twilight Food Fair

Perfect family fun, this event is all about enjoying the balmy summer nights with delicious food, live music and a great line-up of activities for the little ones. Food stalls include Brazilian Flame BBQ, Pizzeria on the Road and Gelato Man – meaning there is something to please every appetite.

Where: Civic Park, North Sydney
Cost: Free

northsydney.nsw.gov.au/

10 - 19 January

Flickerfest

A great way to marvel at the talent of some fantastic producers, writers and directors, Flickerfest is back and better than ever! At Australia's leading short film festival, there is always a wonderful selection of films that captivate the audience, regardless of their short timeslot.

Where: Bondi Pavilion
Cost: From \$20

flickerfest.com.au/ticket-info/

5, 19 Dec and 24 Jan

Ghostly Garden Tours

To uncover spooky and eerie stories from the garden's past, be sure to book your spot on this twilight adventure at the Botanic Gardens. This is a rare opportunity for Sydneysiders to visit the gardens after hours and explore the shadowy-lined paths and history that surrounds the area.

Where: The Royal Botanic Garden
Cost: From \$37

rbgsyd.nsw.gov.au/whatson/Ghostly-Garden

11 – 19 January

Penn and Teller Performance

This January, experience an outrageous spectacle at the Sydney Opera House, filled with lots of laughs and entertainment. The stars of Fool Us, Penn and Teller are an American comedy duo who perform lots of tricks and will delight you with their magical acts.

Where: Sydney Opera House
Cost: From \$59

sydneyoperahouse.com/

14 January

First Aid Course for Youth

Facilitated by Catch Training and run by Youth Services, this one-day course is an extremely important skill for all Aussies to have. The course will provide youth with the knowledge and ability to administer first aid in a variety of situations.

Where: Gordon Library
Cost: \$100 (includes lunch and course)

kmc.nsw.gov.au/

14, 17, 18 January

Louis Theroux on Stage

One of the most talented and well-known documentarians of our time, Louis Theroux has documented the lives of many controversial figures, including the iconic The Most Hated Family in America. Coming to Sydney, Theroux will divulge on some of his infamous subjects during the show.

Where: State Theatre Sydney
Cost: From \$100

louistherouxliveonstage.com/

24 January

Cold Chisel

They are back and better than ever! Cold Chisel has reformed for a giant outdoor tour this summer, travelling across the country to showcase some of their favourite hits like *Khe Sanh*,

Cheap Wine, Flame Trees and When the War is Over.

Where: Bankwest Stadium, Parramatta
Cost: From \$99

coldchisel.com/

26 January

Wugulora Indigenous Morning Ceremony

To start Australia Day accordingly and pay our respects to the traditional owners of the land, the smoking ceremony at Barangaroo is not to be missed. Watch as Aboriginal dancers and singers treat spectators to a special performance, and witness the Aboriginal and Australian flags rise on the Sydney Harbour Bridge.

Where: Barangaroo Reserve
Cost: Free

australiaday.com.au/events/wugulora-morning-ceremony/

SBS Sydney Festival



8 – 26 January

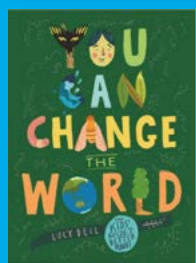
Sydney Festival

With an array of different events, activities, pop-ups and more, the annual cultural celebration is all about showcasing our city's finest features. A focus on the arts, the festival's program includes a variety of experimental art and premiere performances.

Where: various locations | **Cost:** varies

sydneyfestival.org.au/

Bookworm Corner



'You Can Change the World'

Lucy Bell

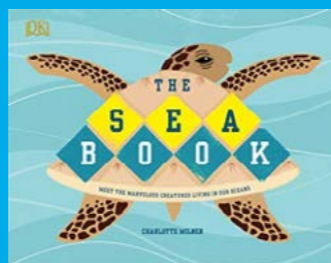
This beautiful book inspires kids to make simple changes in their lives that will help make a difference in the world. It is an informative yet fun guide that empowers change through small tasks such as

avoiding single-use plastic, starting a herb garden and being kind to everyone.

'The Very Hungry Caterpillar's Christmas Eve'

Eric Carle

Join The Very Hungry Caterpillar this Christmas Eve with an interactive lift-the-flap storybook. Discover who is at home throughout the book, then patiently wait for a special visitor and his reindeers.



'The Sea Book'

Charlotte Milner

Explore the beauty of the deep blue ocean with 'The Sea Book'. Filled with facts about the sea and vibrant illustrations, learn

about all the creatures that live underwater!

'On Sleepy Hill'

Patricia Hegarty

'On Sleepy Hill' has a wonderful array of eye-catching images that are full of life. With peek through pages and a lovely story, escape in the magic of this bedtime tale then drift into a world of sweet dreams.



Colouring fun



BLIND INSPIRATION

Shutters • Curtains
Blinds • Awnings Home Automation

YOUR LOCAL SHUTTERS & BLINDS

1300 925 463

FREE IN HOUSE DESIGN CONSULT

4/6 Chaplin Dr Lane Cove West

www.blindinspiration.com.au

GORDON MARKETS 2nd Sunday of every month



Gordon Station Council Park (middle level)

8 Dec & 12 Jan, 9 Feb
8.30am to 3pm

UNDERCOVER
Protected from heat and rain!

Information: www.gordonmarkets.com.au

ROOFS ABOVE & BEYOND

Don't Wait Until Your Roof Has Started Leaking...
Act Now



Contact us for a free no obligation quote

Phone: 9654 6000
www.roofsabove.com.au

Our services available include.....

- Repairs, Restoration and Replacement of Metal & Tiled Roofs
- Guttering, Downpipes & Leaf Guard

Free Edmonds Supavent valued at \$300 with every full roof repair or reroof



Northside Washer Service

authorised agent
Kleenmaid Speed Queen

WASHING MACHINE & DRYERS, REPAIRS & SALES

- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

Graeme Shepherdson
Ph: 9457 9162 / 9481 8505
Mob: 0418 679 596

Jorian Blanch & Co With Richard Fischer



- Conveyancing
- Guardianship
- Powers of Attorney
- Wills and Probate
- Aged Care Law

Proudly servicing the local community for over 40 years

Telephone 9144 1102 at Turramurra or 9449 4422 at Pymble Office
1269 Pacific Hwy, Turramurra. 2074
Email: richardfischer@bigpond.com



PH: 9997 8888 THE RUG CLEANING SPECIALISTS

- Complete washing & detailing of all types & styles of area rugs
- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service

For our other services, visit our website at: agcarpetservices.com.au

A.G.I Carpet Services
2/45 Bassett St, Mona Vale

BOOK RESTORATIONS

Bookbinding and Repairs
Since 1976



We sympathetically repair and restore your cherished volumes. Traditional hand bookbindings in leather, as well as special bindings, are also undertaken. Old family Bibles, dictionaries and childhood favourites are our specialty.

By appointment

34 Clanville Road, Roseville, NSW 2069.

Telephone: (02) 9416.9900

www.bookrestorations.com.au

Hornsby Jewellers

Local Family owned & run Jewellery Business

- Alterations • Re-modelling • Repairs
- Engagements • Weddings • Anniversaries

Onsite Workshop



Together we can design an original piece of jewellery and quote while you wait.

- If you have your own gold
- whether to save or sentimental - we can reuse
- We also buy gold & jewellery in any condition

We now do laser engraving

Opening Times (approx.)
Monday to Friday: 9:30am to 5:15pm
Saturday: 10am to 3pm
Out of hours by appointment

Kurt & Daniel Seifert Jewellers
1A William Street, Hornsby 2077
Phone 02 9476 4711



Kerrie Erwin is a
Psychic and Medium
pureview.com.au

Welcome to The Year of The Metal Rat

Kerrie Erwin

2020 is the beginning of a new astrological cycle. The world as we know it is changing, and we are becoming more aware of what is around us and how we view the world, for ourselves, our loved ones and friends.

This year is about choices, fairness and being more mindful, especially for us, the planet, and what we want or need for our personal lives and careers. It is also a wake-up call for people in positions of power, with the devastating effects of climate change, which will be more on the agenda as the world and our beloved planet can no longer deny or tolerate this torture.

The time for debates has passed, with more floods, droughts and rising water, swallowing up small islands and forcing governments to wake up and take action. If we choose to be more positive and plan carefully, instead of jumping into things, as we have done in the past, we will have better results with our lives. So seeing things in a positive light will create better outcomes, while being negative and stuck in a rut will get us nowhere.

It is about compromising and being more open to a better path and seeing the world in a better light. This is also a year of careful planning, as your decisions will affect and influence the next cycle. Weed out things that no longer serve you, especially people and situations that drain you, for too often we carry a heavy load and are often in patterns that can be very damaging for our health and wellbeing.

This is a practical year to get back to work and really focus on what you need and want. It is about planning carefully, getting your life in order, improving your health, using self-discipline and staying focused and optimistic with your plans for the year ahead. Sometimes it's a good idea to write a list of all your needs, finish things you have started, create a vision board of how you see yourself now and for your future, and more importantly, give everything you do great effort and determination. Things that have been stuck or neglected will finally move forward as your energy stays focused, balanced, joyful and positive.

Love and Blessings.

INTERESTED IN A PSYCHIC READING

Email editor@kamdha.com with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin.

OFFICE FURNITURE NEW AND USED

**COMPLETE
OFFICE FITOUTS**

- Custom made furniture
- Desks
- Workstations
- Office chairs
- Board room and reception furniture
- Home-office furniture
- Best prices in Sydney, **GUARANTEED!**



Sydney's largest range of MESH & FABRIC COMPUTER CHAIRS

ONLY \$499 SAVE \$200

The Ergo-nomic Air Chair - it's cool!

"Best ergonomic chair I've seen in 30yrs" OWNER, KOF



KELLY'S
OFFICE FURNITURE

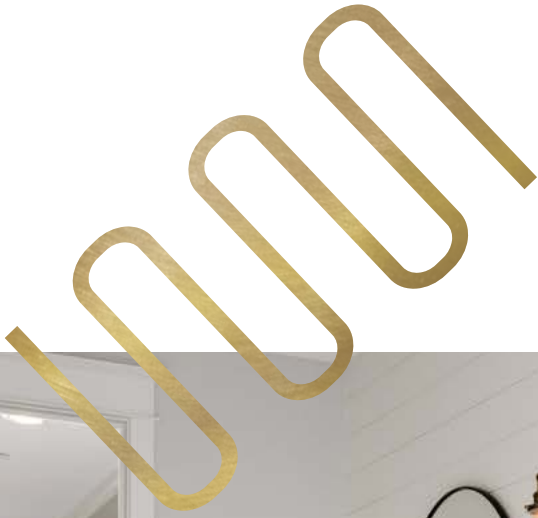
DEE WHY
BROOKVALE

824 Pittwater Road Ph 9982 1077
7 Chard Road Ph 9938 6300
Second-hand at Brookvale

www.kellysofficefurniture.com.au

UNDERFLOOR HEATING

“Invisible luxury”



Comfort Heat Australia is a leading supplier and installer of Hydronic and Electric floor heating systems, as well as designing more complicated hybrid systems incorporating pool heating, solar capture and radiators. As each project is unique, Comfort Heat designs each system to reflect the required outcome of the clients as well as taking into account each plan and location. The systems can be controlled manually or designed to be completely automatic. They can be zoned or operate as one system.

Ask your builder or architect today for an efficient heating system in your new home or renovation or visit -

www.comfortheat.com.au

Electric & Hydronic floor heating systems
Polished concrete / Tile / Carpet / Timber
In slab/ In screed / Ultra thin

DIY Kits or Supply & Install

www.comfortheat.com.au



ComfortHeat
Superior Floor Heating Systems